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is willing to stand up and denounce the methods of such a popular and widespread cult as Christian Science, one who calls attention to the truth that Christian Science would not find so wide a field for the demonstration of its tenets, if people would but exercise a little more common sense in the conduct of their lives.

People are careful not to mishandle fire-arms, or touch live electric wires, but they will neglect the simple rules for the rational care of the body, not that we are advised of any universal rule which applies to all humanity, rather each is advised to seek the measure of the rule for himself and follow that without excess. Even this, the author says, may become dangerous in the hands of some, who will, he remarks, "need to be cautioned against *excessive moderation*."

The book is not intended to set forth any cure for the sick, but to teach the ordinary individual the best manner of maintaining a healthy body. To this end the various functions of the human body are discussed, with all the factors which go to keep the entire system in the best working order; the blood, circulation, breathing, food, digestion, wastes and their removal, diet, bodily heat, the nerves and brain, eye, ear, work, rest and recreation. There is a chapter of warning against indulgences, whether in the more innocent forms of tea or coffee drinking, or against the more dangerous abuse of the use of alcohol and tobacco. There is a chapter on the cycle of life; which deals with the reproduction of life.

Finally there is a chapter on disease, explaining the bacterial origin of disease, and the power of the body to resist the entry of disease, or to combat it when it has taken possession, by producing neutralizing substances which kill the bacteria and establish immunity to that particular form of disease.

THE JUNIOR NURSE. By Charlotte A. Brown, R.N., Instructor in the Boston City Hospital; Graduate of the Boston City Hospital and the Boston Lying-In Hospital Training Schools for Nurses; Late Superintendent of the Hartford Hospital Training School, Hartford, Connecticut. Price, \$1.00. Lea & Febiger, Philadelphia and New York.

We frequently hear the complaint that nurses are too greatly concerned in the care of the graduate,—that the nurse in training, the pupil, the candidate for training, meets with discouragement when she seeks for the best opportunity of becoming trained, and that this condition gives a favorable opening for the exploitation of correspondence and short term schools. A book like the *Junior Nurse*, offers reassuring testimony against such disturbing rumor for it is, in itself, a plea for

careful grounding; for graded instruction; and offers a suitable course for a first year pupil.

The first two chapters are devoted to the inevitable personality of the would-be nurse, enumerating the physical, mental and moral qualifications necessary for success, with the usual rules relating to personal hygiene, following which are twenty admirably arranged chapters, each of which contains matter for one lesson, including practical demonstration. The aim of the book is to convey to the first-year pupil nurse, just such instruction as will enable her to intelligently perform the duties required of her, and also to prepare her mind for the fuller, and more important instruction, which follows in the second year of her course.